

Rulebook

ZAGREB OPEN Cheer and Dance Championship

February, 20th 2011



GENERAL REGULATIONS

The following rules and regulations apply for the **Zagreb Open Cheer and Dance Championship on February 20th, 2011** at the **Sports Hall Peščenica, Grada Gospića 1, Zagreb**. Organizer of the championship is the **VG Team**.

Registration

The registration for the championship takes place in writing by sending in the filled out and signed registration forms to the VG Team.

The registration is completed by the VG Team receiving the full registration fee payment. The registration for the championship is binding.

Deadline for the registration and payment is **January 30th, 2011**.

Additional registrations for individuals whose team has already registered is possible up to 14 days before the start of the championship. Individual participants can cancel his or her participation until 14 days before the competition. In this case 20% of the competition fees are retained. A cancellation after 14 days before the competition is not possible. In this case no competition fees are retained. The number of the participating teams is limited. Therefore the registration will be confirmed by the VG Team if a participation is possible. Every participant has to be in the possession of a valid photo identification (e.g. passport, drivers license). This identification has to be shown at the check in. Every participant has to accept the rulebook and

the general terms and conditions of the Zagreb Open Cheer and Dance Championship by signing the registration form.
Otherwise the person can not participate in the championship.

Insurance

All competitors and spotters must be health and accident insured. The organizer of the competition (VG Team) is not responsible for damage or deterioration of the health status of the participating competitors and spotters.

Judges

Each judge panel is agreed with the organizer of the competition and judge committee. The judge panel also requires a person who is solely responsible for the calculation of results and the classification of competitors.

Music

Competitors have to provide a CD with the music for their routine to the competition organizer. Reserve copy of CD is also required. Music should start at the beginning of disc. Information required on CD or CD cover: team name and division.
Offensive (e.g. vulgar, racist, sexual) lyrics are prohibited.

Representative for Music

The each group has to provide a person who will play and stop the music for the routine at the correct moment.

Sound System for Practice

Organizer of the competition is not obliged to provide a sound system for teams to practice.

Disqualifications

- Competing of a non-registered person.
- Violation of age requirements.
- Using vulgar, racist or sexual lyrics in music or cheer.
- Inappropriate shoes or uniform or competing barefoot.
- Violation of advertising rules.
- Wearing prohibited medical devices.
- Wearing jewelry
- Use of illegal props
- Unsportsmanlike conduct.

Disqualification is done by head judge, who considers all relevant circumstances. Circumstances which lead to disqualification can be suggested by coaches, other judges and leader of the competition

Interruption of the Performance

If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team affected should stop the routine. The degree and effect of the interruption will be determined by tournament officials, and the team will be allowed to present its routine from a place in the routine to be determined at the sole discretion of the tournament officials. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition. In the event that an injury causes the team's routine to be interrupted, the team must either continue the routine or withdraw from the competition. Tournament officials reserve the right to stop the routine if an injury occurs and have the sole discretion to determine where the routine will resume if the team is permitted to continue its performance.

Finality of Decisions

By participating in this championship, each team agrees that the decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

Divisions and age groups

- The following age divisions exist in respect to the year the person was born:

Age Group	Year of Birth
Peewee	1998 and younger
Junior	1992 – 2000
Senior	1996 and older

- The following divisions exist:

Peewee Cheer Level 4	Senior Coed Groupstunt
Junior Allgirl Cheer Level 5	Junior Partnerstunt
Junior Coed Cheer Level 5	Senior Partnerstunt
Senior Allgirl Cheer Level 6	Peewee Cheerdance
Senior Coed Cheer Level 6	Junior Cheerdance
Peewee Groupstunt	Senior Cheerdance
Junior Allgirl Groupstunt	Peewee Double Dance
Junior Coed Groupstunt	Junior Double Dance
Senior Allgirl Groupstunt	Senior Double Dance

- Number of participants on the floor:

Min	Max
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Cheer groups	8	30
Dance groups	6	24
Groupstunt	4	5
Partnerstunt	2	2
Double Dance	2	2

A team with one or more male cheerleaders is considered as a coed team (exceptions: Peewee, Individual and Dance Divisions). Cheerleaders are not allowed to participate in two or more different teams in the same division. A cheerleader not registered is not allowed to participate in the championship.

- Timing

Category:	Peewee min – max (min)	Junior / Senior min – max (min)
Cheer groups	1:30 – 2:30	2:00 – 2:30
Dance groups	2:00 – 2:30	2:00 – 2:30
Groupstunt	0:45 – 1:00	0:45 – 1:00
Partnerstunt		0:45 – 1:00
Double dance	1:00 – 1:30	1:00 – 1:30

Cancellation of Divisions

Organizer of the competition can decide to cancel certain divisions on the basis of applications received, but has to inform registered teams. In this case, the team has the right to withdraw from the competition with refunded registration fee, if the team informs the organizer in reasonable time.

In case the team does not inform to withdraw, is reassigned to another division, with similar characteristics by organizer.

CHEER DIVISIONS

General Team Cheer Safety Rules

All athletes must be supervised during all official functions by a qualified director / coach.

Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.

All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.

Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.

Soft-soled shoes must be worn while competing. No dance shoes / boots, and / or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.

Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags / bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)

Any height increasing apparatus used to propel a competitor is prohibited.

Flags, banners, signs, pom poms, and megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the floor from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.

On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.

Each cheerleading team must provide itself the number of official spotters. Official spotters are not competitors of the team. Their task is to protect flyer's head and upper part of the body during stunts and tosses. Official spotters are not allowed to help in any way to stabilize stunts or to toss.

Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands / feet, which breaks the impact of the drop. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

Pee Wee Cheer Groups Level 4

Tumbling – Level 4
All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Tumbling while holding or in contact with any prop is not allowed.
Assisted or connected tumbling is not allowed. Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
Dive rolls: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
Flips and aerials are not allowed.

Series front and back handsprings are not allowed. Clarification: A back walk over into a back handspring is allowed.
Jump skills in immediate combination before a handspring(s) forward or backward are allowed. Jumps after a handspring are not allowed (Example: toe touch handspring is legal and handspring toe touche is illegal).
Skills must involve hand support with at least one hand when passing through the inverted position in running tumbling and two hands in standing tumbling.
No twisting while airborne. (Exception: Round offs)

Stunts – Level 4
A spotter is required for all stunts at shoulder level and above.
Single leg stunt may not be held at or pass through an extended position.
Mounts and transitions are allowed up to a half rotation around the vertical axis.
Bases are not allowed to turn at the time when a top is in an upwards or downwards transition.
Transitions with a base doing a quarter turn to get under the stunt are legal.
Free twists around the horizontal axis at mounts or transitions are prohibited.
At transitions of height above prep level or heigher three catchers have to be involved.
All stunts of shoulder level height or higher (Exception: shoulder straddle / sit) have to have a backspot and two bases (Example: V-Sits, Suspended Splits, Flatback, Extension Prep, ...)

Pyramids – Level 4
Pyramids must follow Level 4 “Stunts” and “Dismounts” rules and are allowed up to 2 high. Exceptions single leg stunts at extended arm level if they are braced by at least one persons at prep level or below with hand / arm or hand / feet connection . The bracing tops at prep level must have both feets in the hands of the bases (Exceptions: Shoulder Sit, Double Base Thighstand, Shoulder Stand)
Top person must receive primary support from a base. Clarification: no pyramids allowed where second layer persons are used (e. g. 4-2-1 variations).
Single leg stunts at extended arm level are not allowed to brace any other stunt. Also single leg stunts at extended arm level are not allowed to be braced by any other stunt at extended arm level.
Transitions can include inverted positions of the top if the top is braced by at least two persons at prep level or below. The top has to stay in constant motion. The rotation is limited to 1 rotation around the horizontal axis and no rotation around the vertical axis. Downward inverted positions are prohibited. At

transitions with inverted positions changing of bases is prohibited.
Transitions without inverted positions can include changing of bases. Physical contact with at least one person at prep level or below has to be maintained at any time.

Dismounts – Level 4
Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
Dismounts to the performing surface must be assisted by an original base.
Tension drops/rolls of any kind are not allowed.
When cradling single based double awesomes/cupies 2 catchers must catch each top person.
No free flipping dismounts allowed.
Only straight pop downs, basic straight cradles and 1/4 turns are allowed from stunts at extended arm level.
Up to 1 twists are allowed from any stunt at prep level or under.

Tosses – Level 4
No tosses allowed.

Junior Cheer Groups Level 5

Tumbling – Level 5
All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Tumbling while holding or in contact with any prop is not allowed.
Assisted or connected tumbling is not allowed. Clarification: double cartwheels

and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
Dive rolls: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
Skills are allowed up to 1 flipping and 2 twisting rotations.

Stunts – Level 5
A spotter is required for all extended stunts.
Single leg extended stunts are allowed.
Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
Free flipping stunts or transitional are not allowed.
Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
Single based split catches are not allowed.
Single based double awesomes/cupies require a separate spotter for each top person.
Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed.)
Release moves may not land in a prone position.
Release moves must return to original bases.
Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
Release moves may not intentionally travel.
Extended inverted stunts allowed. Also, see “Pyramids.”
Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. (Exception: A controlled power pressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed). Clarification: Catchers must make contact with the head and shoulder area.

Downward inversions must maintain contact with an original base.
Downward inversions from above prep level may not be caught and/or land in an inverted position. Clarification: Top person may not be caught or land with their shoulders below their hips.

Pyramids – Level 5
Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Top persons must receive primary support from a base.
During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
Primary weight may not be borne at second level. Clarification: The transition must be continuous.
Non-inverted pyramid release moves must be caught by at least 2 catchers.
In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition.
Non inverted transitional pyramids may involve changing bases. When changing bases: The top person must maintain physical contact with a person at prep level or below. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
Inversions Must follow Level 5 Cheer Division Stunt Inversions rules.
Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations.
Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
Inverted transitional pyramids may involve changing bases.
Braced inversions (including braced flips) must be in continuous movement.
All braced inversions (including braced flips) must be caught by at least 3 catchers. All catchers must be stationary. All catchers must maintain visual

contact with the top person throughout the entire transition. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.

Braced inversions (including braced flips) may not travel downward while inverted.

Dismounts – Level 5

Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.

Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.

Dismounts to the performing surface must be assisted by an original base.

Up to a 2-1/4 twisting rotations allowed from all stunts.

No free flipping dismounts allowed.

Tension drops/rolls of any kind are not allowed.

When cradling single based double awesomes/cupies 2 catchers must catch each top person.

Tosses – Level 5

Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)

Flipping, inverted or traveling tosses are not allowed.

No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

Up to 2-1/2 twisting rotations allowed.

Senior Cheer Groups Level 6

Tumbling – Level 6
All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Tumbling while holding or in contact with any prop is not allowed.
Assisted or connected tumbling is not allowed.
Dive rolls: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
Skills are allowed up to 1 flipping and 2 twisting rotations.

Stunts – Level 6
A spotter is required: During extended one-arm stunts other than an awesomes/cupies or liberties or when the load/transition involves a twist or flip.
Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person.
Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Exception: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (example: a flip that lands in a straddle position requires a hands-on spotter).
Transitional stunts may involve changing bases.
Single based split catches are not allowed.
Single based double awesomes/cupies require a separate spotter for each top person.
Release moves are allowed.
Release moves may not land in a prone position.
Release moves must return to original bases.
Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area

of the top person.
Release moves may not intentionally travel.
Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

Pyramids – Level 6
Pyramids are allowed up to 2-1/2 high.
For 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top pers on the entire time the top person is at the 2-1/2 high level. Spotters may not be a primary support of the pyramid.
Free-flyings mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.
Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

Dismounts – Level 6
Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
Dismounts to the performing surface from stunts and pyramids must be assisted.
Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/4 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).

Free flipping skills dismounts are allowed up to 1 flipping and 0 twisting rotations.
Free flipping dismounts to the performance surface are not allowed.
Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
Flips that originate above prep level are not allowed. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)
Tension drops/rolls of any kind are not allowed.
When cradling single based double awesomes/cupies 2 catchers must catch each top person.
Catchers and bases must be stationary prior to the initiation of the dismount.

Tosses – Level 6	
Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.	
Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a scoop under the head and shoulders.	
Flipping tosses are allowed up to 1 flipping rotation and 2 twists.	
In flipping tosses (tuck, layout or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.	
Legal (two skills)	Illegal (Three skills)
Tuck flip, X -out, Full Twist	Tuck flip, X-out, Double Full Twist
Double Full-twisting Layout	Kick, Double Full-twisting Layout
Kick, Full-Twisting Layout	Kick, Full-Twisting Layout, Kick
Pike, Open, Double Full Twist	Pike, Split, Double Full Twist
Arabian Front, Full Twist	Full-twisting Layout, Split, Full Twist
Note: An Arabian Front followed by a 1 1/2 twist is considered to be a legal skill.	
No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.	
Non-flipping tosses may not exceed 3-1/2 twists.	

Deductions

Deductions	
Each illegal element (stunt, tumbling, toss, pyramid, prop ...). Illegal element is not taken into account at judging.	0.5 point
Each missing spotter	0.5 point
Time under - or overshoot	1.0 point
Any other rule violation	0.5 point

SCORE SHEET – CHEER GROUPS (Stunts, Pyramids, Tosses)

TEAM NAME: _____

DIVISION: pee wee / junior / senior all girl / coed

STUNTS		(40)
Difficulty	15	
Execution	15	
Mounts, dismounts, transitions (difficulty and execution)	10	

PYRAMIDS		(40)
Difficulty	15	
Execution	15	
Mounts, dismounts, transitions (difficulty and execution)	10	

TOSSES		(20)
Difficulty	10	
Execution	10	

OVERALL IMPRESSION	(10)

Overall routine impression	10	
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TOTAL	(110)	
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JUDGE:

COMMENTS:

SCORE SHEET – CHEER GROUPS (Dance, Tumbling, Jumps)

TEAM NAME: _____

DIVISION: pee wee / junior / senior all girl / coed

DANCE, MOTIONS	(20)	
Difficulty	10	
Execution	10	

FORMATIONS, TRANSITIONS	(20)	
Difficulty	10	
Execution	10	

TUMBLING	(20)	
Difficulty	10	
Execution	10	

JUMPS	(20)	
Difficulty	10	
Execution	10	

OVERALL IMPRESSION	(10)	
Overall routine impression	10	

TOTAL	(90)	
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JUDGE:

COMMENTS:

SCORE SHEET – PARTNER STUNT

NAMES: _____

DIVISION: junior / senior

PARTNER STUNTS	(10)	
Difficulty and execution	10	

MOUNTS	(10)	
Difficulty and execution	10	

DISMOUNTS	(10)	
Difficulty and execution	10	

TRANSITIONS	(10)	
Difficulty and execution	10	

OVERALL IMPRESSION	(10)	
Overall routine impression	10	

TOTAL	(50)	
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JUDGE:

COMMENTS:

SCORE SHEET – GROUPSTUNT

TEAM NAME: _____

DIVISION: junior / senior all girl / coed

GROUPSTUNT	(10)	
Difficulty and execution	10	

MOUNTS	(10)	
Difficulty and execution	10	

DISMOUNTS	(10)	
Difficulty and execution	10	

TRANSITIONS	(10)	
Difficulty and execution	10	

TOSSES	(10)	
Difficulty and execution	10	

OVERALL IMPRESSION	(10)	
Overall routine impression	10	

TOTAL	(60)	
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JUDGE:

COMMENTS:

DANCE DIVISIONS

Cheerdance

Incorporates the concepts of Jazz and Hip Hop. with an emphasis on choreography, proper technical execution, visual effect, creativity, staging and team uniformity. Pompons are used for 50-100% of the routine. Important characteristics of this type of routine include synchronization and visual effect, clean and precise motions, strong pompon technique, the incorporation of technical elements and styles. Visual effects include level changes, group work, formation changes, the use of different color pompons, etc.

General Cheerdance Rules

All teams must be supervised during all official functions by a qualified director / coach.

All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.

Routines shall not exceed 2 minutes and 30 seconds in the team divisions and shall not exceed 1 minutes and 30 seconds in the Double divisions. Timing will begin with the first note of the music. Timing will end with the last note of the music or the last movement, whichever comes first.

Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination.

Back roll, forward roll, and shoulder roll are allowed. Back bends and hand stands are allowed if not including hip over head rotation. Handsprings, back tucks and aerials are not allowed. Cheerleading stunts, pyramids and tosses are illegal.

Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing

surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop (Exception: Toe Touches to a push up position are not allowed).

Dance lifts are permitted and defined as an action in which a dancer is elevated from the performance surface and set down. The lifting dancer must maintain control over the momentum, positioning, and returning lifted dancer to the performance surface by keeping direct contact (arm-body of the lifted dancer) at all times. If the lifted dancer is supported by two persons, rotation below the lifting dancer's is allowed.

The performers attire should be age appropriate and acceptable for family viewing. Jewelry as part of a costume is allowed. Shoes must be worn during the competition. Performing barefoot will not be allowed. Dance paws are acceptable. Performing in socks, high heels, roller skates, roller blades or any other footwear that is inappropriate for performing will not be allowed.

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

Deductions

Deductions	
Time under or overshoot	1.0 point
Crossing over the performance surface	0.01 point each time
Lost (fallen) prop (e.g. pom pon)	0.01 point each time
Each illegal element (stunt, tumbling, toss, pyramid, prop ...).	0.5 points per element
Not using pom pons (for team divisions)	2 points

SCORE SHEET – CHEERDANCE GROUPS

TEAM NAME: _____
DIVISION: pee wee / junior / senior

OVERALL EFFECT (20 POINTS)

Overall Impression

Teams ability to exhibit a dynamic and energetic routine
Audience appropriateness of the music, costume and choreography
Judges overall impression of the performance

10 _____

Communication & Projection

Teams ability to provoke feeling from an audience through the use of energy,
Showmanship, genuine expression and emotion throughout the performance

10 _____

CHOREOGRAPHY (20 POINTS)

Creativity/Musicality/Formations & Transitions

Use of various dance styles, original movement and poms to compliment the
Music and create visual effects/inventive formations and creative ways to move
From one formation to another, allowing for seamless changes of positions.

10 _____

Difficulty

Use of intricate and challenging skills/movement (including various turns,
Leaps, jumps, kicks, etc.)

10 _____

TECHNIQUE (30 POINTS)

Execution of Style & Technical Skill

The mastering and performance of choreography styles and technical

10 _____

Skill in accordance with the ability level of the entire team.

Technical Elements

10 _____

The mastering of technical elements such as turns, leaps, jumps, kicks, etc.

Placement/Control/Extension/Strength of Movement

10 _____

The proper control and correct placement/alignment of body and parts

Of body throughout all movement during the performance. Ability to exhibit full

Extension and strength of technical elements and pompon motions

GROUP EXECUTION (30 POINTS)

Synchronization

20 _____

Uniformity of all movement throughout the routine and appropriate timing

With the music

Spacing

10 _____

Ability of participants to gauge and position themselves correct

Distances between each other in and throughout all formations and

Transitions of the performance.

TOTAL: (100 POINTS)

JUDGE:

COMMENTS:

SCORE SHEET – CHEERDANCE DOUBLE DANCE

TEAM NAME: _____

DIVISION: pee wee / junior / senior

OVERALL EFFECT (20 POINTS)

Overall Impression

10 _____

Ability to exhibit a dynamic and energetic routine

Audience appropriateness of the music, costume and choreography

Judges overall impression of the performance

Communication & Projection

10 _____

Ability to provoke feeling from an audience through the use of energy,

Showmanship, genuine expression and emotion throughout the performance

CHOREOGRAPHY (20 POINTS)

Creativity/Musicality/Transitions

10 _____

Use of various dance styles, original movement and poms to compliment the

Music and create visual effects/creative ways to move from one positions

to another

Difficulty

10 _____

Use of intricate and challenging skills/movement (including various turns,

Leaps, jumps, kicks, etc.)

TECHNIQUE (30 POINTS)

Execution of Style & Technical Skill

10 _____

The mastering and performance of choreography styles and technical

Skill in accordance with the ability level of the dance couple

Technical Elements	10	_____
The mastering of technical elements such as turns, leaps, jumps, kicks, etc.		
Placement/Control/Extension/Strength of Movement	10	_____
The proper control and correct placement/alignment of body and parts Of body throughout all movement during the performance. Ability to exhibit full Extension and strength of technical elements and pompon motions		

EXECUTION	(20 POINTS)	
Synchronization	20	_____
Uniformity of all movement throughout the routine and appropriate timing With the music		
TOTAL:	(90 POINTS)	_____

JUDGE:

COMMENTS:

Glossary Cheer

Airborne / Aerial

To be free of contact with a person or the performing surface.

Airborne Tumbling Skill

An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself /herself away from the performing surface.

Assisted-Flipping Mount

An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

Assisted Tumbling

Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented stunts permitted at each level.

Awesome

An extended stunt where a top person has both feet together in the hand(s) of the base(s). Also referred to as a "Cupie".

Back Spot

The person standing at the back of the stunt to protect the head and shoulder area of the top.

Back Walkover

A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll

A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Barrel Roll

See "Log Roll".

Base

A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (New bases - bases previously not in direct contact with the top person of a stunts)

Basket Toss

A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.

Block

A gymnastic term referring to the increase in height created by using ones hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

Block Cartwheel

A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Brace

A physical connection that helps to provide stability to a top person.

Braced Flip

A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Cartwheel

A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher

One of the person(s) responsible for the safe landing of a top person during a stunt.

Connected Tumbling

Physical contact between two or more individuals performing tumbling skills simultaneously.

Cradle

A release move in which catchers, with palms up, catch the top person by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a pike position.

Cupie

See "Awesome".

Dirty Bird (D-Bird)

Toss to a laid out X-position to the back of the base, through the base's legs and typically transitioning to a scooper.

Dismount

The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.

Dive Roll

An aerial forward roll where the hands and feet are off of the performing surface simultaneously.

Double-Leg Stunt

See "Stunt".

Downward Inversion

A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.

Downward Motion

The movement of one's center of gravity towards the performing surface.

Drop

Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Entrance Skill

The beginning or mounting phase of a tumbling skill or stunt.

Extended Arm Level

The distance from the performing surface to the highest point of a base's arm(s) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Position

A top person supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Single-Leg Stunt

An extended stunt with the top having her main weight on one leg.

Extended Stunt

When the entire body of the top person is extended in an upright position over the base(s). (Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are stunts where the base's arms are extended overhead, but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.) Clarification: If the primary bases go to their knees and extend their arms, the stunt would be considered extended.

Extension Prep or Prep (or Half)

When the top person is being held at shoulder level by the base(s).

Flat Back

A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

Flip

An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flipping Toss

A toss where the top person rotates through an inverted position.

Flyer

See "Top Person".

Forward Roll

A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free-Flipping Mount

Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.

Front Limber

A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

Front Spot

A person positioned in front of a stunt that may also add additional support or height to that stunt. (Also known as "fourth base".)

Front Tuck

A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also known as "punch front".)

Front Walkover

A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot / leg at a time.

Full

A 360 degree twisting rotation.

Full-Up Toe Touch

A non-flipping skill (typically performed in a dismount or toss) in which one performs a 360 degree turn before executing a toe touch.

Ground Level

To be at the height of or supported by the performing surface.

Half

See "Extension Prep".

Hand / Arm Connection

The physical contact between two or more individuals using the hand(s)/arm(s).

Handspring

Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

Handstand

A straight body inverted position where the arms are extended straight by the head and ears.

Hanging Pyramid

A pyramid in which one or more persons are suspended off the performing surface by one or more top persons.

Helicopter Toss

A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Inversion

See "Inverted".

Inverted

When the top persons shoulders are below her/his waist and at least one foot is above her/his head. Arch-back dismounts to a cradle are not considered inverted.

Jump

An airborne position not involving hip-over-head rotation created by using ones own feet and lower body power to push off the performance surface.

Kick Arch

Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

Kick Double Full

Skill, typically in a toss, that involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full

Skill, typically in a toss, that involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop

See "Drop".

Layout

A stretched body position, straight, hollow, or slightly arched

Layout Step Out

Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.

Leap Frog

A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning. Second Level Leap Frog: Same as above but performed at any level above ground level.

Log Roll

A release move whereby the top persons body rotates at least 360 degrees while remaining parallel to the performing surface. (Also known as "barrel roll".)

Middlelayer

A person that holds another person and that has no contact to the surface.

Mount

See "Stunt".

Multi-based Stunt

A stunt having 2 or more bases not including the spot.

New Base(s)

Bases previously not in direct contact with the top person of a stunts.

Non-Inverted Position

The body is upright. The top person's shoulders are at or above the waist.

One half (1/2) Twist Toe Touch

A non-flipping skill in which one performs a 180 twist before executing a toe touch.

Onodi

Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s)

A base which is in contact with the top person during the initiation of the stunt.

Paper Dolls

Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Partner

See "Top Person".

Pike

Body bent forward at the hips while the legs are kept straight.

Prep

See "Extension Prep".

Prep-Level

The height of the bases hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height). Chairs, torches, flatbacks, arm-n-arms and straddle lifts will be considered prep level stunts.

Primary Support

Supporting a majority of the weight of the top person.

Prone Position

A face down, flat body position.

Prop

An object that can be manipulated.

Punch

See "Rebound".

Pyramid

A grouping of connected stunts. Individuals standing at ground level may be incorporated into the grouping.

Rebound

A position not involving hip-over-head rotation created by using ones own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch".

Release Move

When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. A single base toss to a stunt from the ground is neither considered a release move nor a toss. This interpretation applies to "stunts" only, not "pyramids".

Reload

Returning to the loading position with both feet of the top person in the hands of the bases.

Retake

Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Rewind

A free-flipping release move used as an entrance skill into a stunt.

Round Off

The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.

Running Tumbling

Tumbling that is performed with a running start and / or involves a step or a hurdle (etc.) used to gain momentum as an entry to another skill. Any type of forward momentum / movement prior to execution of the tumbling skill(s) is defined as "running tumbling". This definition needs to have at least two elements that follow eachother to be defined as running tumbling. Jumps are not considered as elements.

Scooper

An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base).

Scrunch Toss

See "Sponge Toss".

Second Level

Any person being supported away from the performing surface by one or more bases.

Series Front and / or Back Handsprings

Multiple front and/or back handsprings performed consecutively by an individual.

Show and Go

A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.

Shoulder Stand Level

A stunt in which the top persons hips are at the same height they would be if in a shoulder stand. (Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and extend their arms, the stunt would NOT be shoulder stand level, but rather extended.

Single-Based Double Awesome / Cupie

A single base supporting 2 top persons who have both feet in each hand of the base; see definition of "Awesome/Cupie".

Single-Based Split Catch

A single base extending a top person (who is in an upright position having knees forward) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

Single-Based Stunt

A stunt using a single base for support.

Single-Leg Stunt

See "Stunt".

Sponge Toss

A stunt with multiple bases, which have their hands gripping the top persons feet prior to the toss.

Spotted Tumbling

See "Assisted Tumbling".

Squishy (Toss)

See "Sponge Toss".

Standing Tumbling

A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling".

Straight Cradle

A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Spotter

A person whose primary responsibility is the protection of the head and shoulders area of a top person during the performance of a stunt / toss.

- The spotter must be positioned to the side or the back of the stunt / toss.
- Must be in direct contact with the performing surface.
- Must be attentive to the skill being spotted.
- Spotter is required for each extended stunt.
- Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
- Can not stand so that their torso is under a stunt.
- A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all. The spotter may not have both hands under the sole of the top persons foot / feet or under the hands of the bases. The spotter may have one hand under the foot as long as the other hand is placed either at the back wrist of a base or at the back side of the ankle of the top person.
- All Spotters must be your own teams members and be trained in proper spotting techniques.

– Spotters may also be counted as a base in some cases (e.g. transitional stunts).

Straight Ride

The body position of a top person performing a toss that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt

Any skill in which a top person is supported above the performance surface by one or more persons. Also referred to as a "mount". A stunt is determined to be "Single" or "Double" leg by the number of feet that the top person has been supported by a base(s).

Suspended Flip / Roll

A stunt in which a top person performs a hip over head rotation while in constant physical contact with a person(s) who is in direct weight bearing contact with the performing surface.

Tension Roll / Drop

A pyramid / stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance.

Three Quarter (3/4) Front Flip

A forward hip-over-head rotation from an upright position to a cradle position.

Tic-Tock

A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before release.

Toe / Leg Pitch

A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Toss

An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

Top Person

The person(s) on top of a stunt or toss. Also referred to as the "Flyer" or "Partner".

Transitional Stunt

Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt.

Traveling Toss

A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person. (This does not include a quarter turn by the bases in tosses such as kick full)

Tuck Arch

Similar to kick arch, except instead of kick it is an arch out of a tuck position.

Tuck Position

A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

Tumbling

Any gymnastic or acrobatic skill executed on the performing surface.

Twist

Rotation around the body's vertical axis while airborne.

Twisting Mount

Mounts that begin with a twisting motion of the top person within the vertical axis

Twisting Toss

Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body.

Two - High Pyramid

All top persons must be primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface.

Two & One Half (2-1/2) High Pyramid

Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows:

- Chairs, thigh stands and shoulder straddles are 1-1/2 body lengths.
- Shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2-1/2 body lengths.
- The following points have to be guaranteed for a "2-1/2 high" pyramid:

- ▶ A middlelayer is not to be allowed to be higher than "2 high".
- ▶ A top person is allowed to stand extended in maximum on the forearms of a middlelayer if the middlelayer is on the height of "2 high".
- ▶ If a middlelayer on the height of "2 high" is holding a top with extended arms, the top is not allowed to be more extended than a V-Sit Position (e.g. a flatback position is legal).

Two-Leg Extended Stunt

Extended stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).

Walkover

A non-aerial acrobatic skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip / Temposalto

Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (not tucked and not in layout position). A whip has the look of a back handspring without the hands contacting the ground.

Wolf Wall Transition

Transition that involves the main top person traveling over (front to back, back to front, or side to side) a bracing top person (at prep level) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level.

X-Out

Flip or somersault skill performed that involves spreading the arms and legs into an "X" fashion during the rotation of the flip.

Glossary Cheerdance

Aerial Cartwheel

Cartwheel executed without placing hands on the ground.

Airborne

To be free of contact with a person and/or the performing surface.

Back Walkover

A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Cartwheel

A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Chorus Line Flips

An assisted back/front tuck over the interlocked arms of additional performer - Chorus Line Flips are illegal.

Dive Roll

An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

Elevated

To move a performer to a higher position or place from a lower one.

Front Walkover

A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Handstand

A straight body inverted position where the arms are extended straight by the head and ears.

Head Spin

A hip hop technique in which the performer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

Headstand

A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

Kip-up

From lying down, stomach up, the performer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the performer to land in an upright position.

Lifts

An action in which the partner is elevated to any height and set down. Refer to the General Cheer Pom, Hip Hop and Jazz guidelines for a full definition.

Hip/over head Rotation

A movement where hips move over the head, as in a back walkover or similar tumbling skill.

Partnering

Any type of trick that uses two individuals, one using the other for support.

Pony Sit

Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

Prop

An object that can be manipulated.

Shoulder Roll

A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

Shoulder Sit

Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around midsection of bases back.

Stall

A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

Thigh Stand

With bases in lunge positions with one leg bent and one leg straight, lifted performers feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted performer's leg and the other hand bracing the foot.

Toe Pitch

A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

Toss

An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

Windmill

Beginning in a position laying down on the back, the performer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

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